

Senior Nutrition

Central District Health Department

The Meal Times

Back Issues of this publication
are available on our website:
cdhd.idaho.gov

In This Issue:

10th Annual
Culinary Walk-About

Cheesecake Factory
Serves Up Major
Donation

Volunteer Spotlight

Micron Hams

Donate Online

Season Of Suppers

Project RE-cell

Thank You Donors

Brawley Bowl For Beef

Free Classes About
Alzheimer's Disease

Gifts Make Spirits Bright

Perpetual Metals
Shopping Spree

Get Ready for the 10th Annual Culinary Walk-About - Feb. 21

Tickets are on sale now for the 10th Annual Culinary Walk-About, a fundraiser for the Meals On Wheels program in Ada and Elmore Counties. The event will be held from 6-9 p.m., Wednesday, February 21, 2007 at the Boise Centre on the Grove.



The Culinary Walk-About allows guests to "walk about" and enjoy delectable specialties from some of the Treasure Valley's finest restaurants including: Blue Ribbon Bistro, Life's Kitchen, Milky Way Restaurant, Chef Lou's Westside, Dawson Taylor Coffee, Blue Moose Café, Goody's, Villano's, Arid Club, Tower of Chocolate, Boise Centre on the Grove, Berryhill & Co., 8th St. Wine Co., Bardenay, Wild West Bakery, Emilio's at the Grove, Richard's at Hyde Park, Six One Six, Cucina di Paolo, 43 North, Goody's, Bon Appetit, and Tapas Estrella. The cuisine will range from appetizers, main dishes and salads to desserts and coffee. There will also be beer samples from the Laughing Dog Brewery.

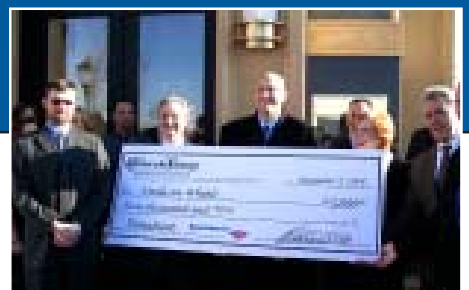
Music will be provided by the Boise Straight Ahead Jazz Band. There will also be a great live and silent auction. "Sipping For Diamonds," sponsored by Perpetual Metals will be featured again this year. Individuals can purchase a glass of champagne for \$10 for a chance to win a diamond. All proceeds will support the Meals On Wheels program that delivers hot, nutritious meals to over 500 homebound senior citizens in Ada and Elmore counties every day.



Tickets are \$40 per person and are on sale now at the Meals On Wheels office at the Central District Health Department or you can buy them at the door. Call 208-327-7460 for more information or to sponsor a table for your company.

Cheesecake Factory Serves Up A Major Donation

Meals On Wheels received a \$5,000 check from The Cheesecake Factory at the restaurant's ribbon-cutting ceremony December 7, 2006. The Cheesecake Factory, located at the Boise Towne Square Mall, is a unique, upscale casual dining restaurant offering more than 200 menu selections and more than 40 cheesecakes and desserts.



(From left) Russ Duke, Director of Central District Health Department receives a \$5,000 check from The Cheesecake Factory CEO & Founder, David Overton, The Cheesecake Regional Vice President, David Gordon, President and CEO of Boise Metro Chamber of Commerce, Nancy Vannorsdel, and Boise Mayor, David Bieter.



SENIOR NUTRITION PROGRAM

Meals On Wheels
707 N Armstrong PI
Boise ID 83704 • 327-7460

Angela Spain
Program Manager
327-8544

Cheryl Johnson
Comm. Meals Services Supervisor
327-8552

Norma Russell
Administrative Assistant
327-7460

Jennifer Bourff
Administrative Assistant
327-7460

DINING SITE LOCATIONS:

(Meals served at noon)

Star Senior Center
Wed & Fri
102 S. Main Street
Star, ID 83669
286-7943

Garden City Senior Center
Wed & Fri
3858 Reed
Garden City, ID 83714
336-8122

Mt. Home Senior Center
Mon, Wed, Fri
1000 N. 3rd, East
Mt. Home, ID 83647
587-4562

Glenns Ferry Senior Center
Mon, Tue, Thu
510 E. Cleveland
Glenns Ferry, ID 83623
366-2051

Boise Senior Center
Mon thru Fri
690 Robbins Rd.
Boise, ID 83702
345-9921

Kuna Senior Center
Mon, Wed, Fri
299 Avenue B
Kuna, ID 83634
922-9714

Meridian Senior Center
Mon thru Fri
133 Broadway
Meridian, ID 83642
888-5555

Samaritan Village Apts.
Mon thru Fri
3350 Collister
Boise, ID 83703
343-9504

Northgate Senior Village
Mon thru Fri
5901 Ellens Ferry Way
Boise, ID 83703
853-8448

Eagle Senior Center
Tues & Thurs
312 E. State St.
Eagle, ID 83616
939-0475

Volunteer Spotlight

Maria Minicucci



Maria Minicucci

Maria Minicucci can't be more than five-foot two and yet she has a towering presence. She is an employee of the Boise Parks and Recreation Department and a Meals On Wheels Board Member. Even with all that on her plate, Maria still finds time to drop off hot meals for homebound seniors every other Friday in Boise's north end. Maria's been a volunteer driver for over four years.

You can see the joy in her eyes as she delivers meals to clients on her route, and each in turn, has a smile for her when they greet her at the door. Every visit is an opportunity for the seniors to chat with her and ask how she's doing. Maria is happy to make small talk as it gives her a chance to see how her clients are doing as well. At one stop she tells the story of how it took one of the folks on her route two years to even warm up to her. Now they're like old friends. It's volunteers like Maria Minicucci that keeps Meals On Wheels rolling along year after year. Thank you Maria for all you do for this program.

Story by BSU nursing intern Heather Graves

Micron Hams



Angela Spain, Senior Nutrition Program Manager, receives a ham from Kathryn Acosta of Micron

Every year Micron employees are given a ham for the holidays. Employees have the option of taking the ham home or giving them to a charitable organization. With the encouragement of Meals On Wheels board member Kathryn LaCosta, who works at Micron, a lot of employees decided their hams should help feed homebound seniors.

Hams totaling over 300 pounds were donated to Meals On Wheels and incorporated into delicious ham meals that were served to seniors during the holiday season. We want to thank the generous spirit of the Micron employees who made this holiday season just a little brighter for seniors in Ada and Elmore counties.

DONATE ONLINE TO MEALS ON WHEELS

Individuals can now donate online to Meals On Wheels via the Central District Health Department's website at www.cdhd.idaho.gov. Meals On Wheels has partnered with Access Idaho, the company that provides most of the web-based services for the State of Idaho, to create a special donation page that is easy to use, confidential and secure.

Online donations are just one more way individuals can help to make a difference in the lives of seniors in our communities. To make your online donation, go to the Central District Health Department website www.cdhd.idaho.gov and click on the hot link marked "Donate online to the Meals On Wheels Program."

“Season of Suppers” Helps Seniors’ Pets



Angela Spain, Senior Nutrition Program Manager receives baskets full of pet food from Chris Dirschel at the Meridian Banfield Pet Hospital.

The pets of seniors who receive Meals On Wheels received home-delivered meals of their own this holiday season. Banfield, The Pet Hospital, the nation’s largest private veterinary practice, and the Meals On Wheels Association of America (MOWAA) partnered to launch a national pet food drive called “*Season of Suppers, a pet food drive for pets in need.*”

The local Meals On Wheels program participated in the pet food drive with Banfield, The Pet Hospital inside the Petsmart store at 1220 N Eagle Road, Meridian. Donations of cat and dog food were dropped off at Banfield through the end of the year. Volunteers then delivered the pet food to seniors on the Meals On Wheels program who expressed an interest in getting food for their pets.

After realizing that, like their owners, the pets of many seniors who receive Meals On Wheels were also in need of nutritious food in order to stay healthy, MOWAA created **We All Love Our Pets (WALOP)**, a new initiative that seeks to unite Meals On Wheels programs across the country that are providing pet food. While many Meals On Wheels programs have their own pet food services, the Banfield/MOWAA partnership is the first initiative of its kind on a national level and the first for the local Meals On Wheels program.

“Our seniors with pets cherish the companionship they provide,” said Angela Spain, Senior Nutrition Program Manager with Central District Health, the agency providing Meals On Wheels in Ada and Elmore counties. “We know the meals we provide seniors help to keep them healthy, so why wouldn’t we help their best friends too?”

Banfield collected 1,283 pounds of dry and wet dog food and 746 pounds of dry and wet cat food for a total of 2,029 pounds. Ninety-four Meals On Wheels clients took delivery of pet food along with their regular meals with the assistance of staff and volunteers.



Volunteers, Sue Varelmann, (left) and Maryon Evans sort out pet food to meet client requests.

Meals on Wheels Program **Board of Directors**

Renee Bergquist

Albertsons

Mike Fritz

Michelle Hicks

Micron Technology

Maria Minicucci

Parks & Recreation Department

City of Boise

Anneliese Olson

Hewlett Packard

Robin Rausch

Discovery Real Estate Services

Stephen A. Suarez

Micron Technology, Inc.

Old Phones, New Money

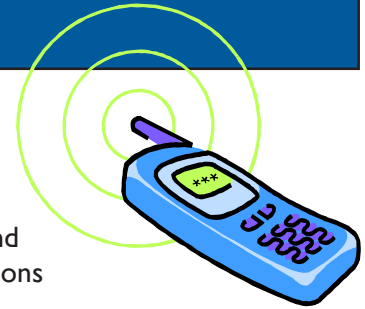
Since Meals On Wheels teamed up with Project RE-cell in June of last year, the program has collected several hundred used cell phones from nearly 40 local business and organizations.

"We have earned \$2,146.06 from the recycling program so far this year," said Angela Spain, Program Manager for Meals On Wheels of Ada and Elmore Counties. "We want to thank the many businesses and organizations who are currently collecting phones for us," said Spain.

"The money received from the recycling fundraiser helps us to provide meals to area homebound seniors," said Spain. "In addition, used cell phones may be tax deductible and are recycled in accordance with EPA regulations or refurbished," said Spain.

Every meal costs about \$5.00 to produce. Though program participants are asked to make a \$3.00 donation for each meal, the average donation is about one dollar. "The difference is made up through direct donations from supporters, by general fund monies of the Health District and partnerships like Project RE-cell," said Spain.

The public is urged to donate all cell phones and accessories to the Meals On Wheels program located at Central District Health Department at 707 N. Armstrong Place in Boise. A drop box is available at the front door. The public can also donate their phones at the locations listed below or become a collection site. For more information about the program, call the Meals On Wheels program at 327-7460.



Boise
Public Housing Authority
1276 River St. #300
Boise, ID 83702
Phone: 363-9719

Kandor
213 9th St.
Boise, ID 83702
Phone: 336-1336

TLC Home Care
7456 W. State St.
Boise, ID 83714
Phone: 853-5050

Once Upon A Time
4774 W. State St.
Boise, ID 83703
Phone: 344-1165

First American Title Co.
Becky Bodam
7311 Potomac Dr.
Boise, ID 83704
Phone: 375-0700

Boise Senior Activities Center
690 Robbins Road
Boise, ID 83702
Phone: 345-9921

Nampa
Robertson's Supply
318 6th St. North
Nampa, ID 83687
Phone: 466-8907

Caldwell
Larry Miller Auto Mall
6009 Cleveland Blvd.
Caldwell, ID 83607
Phone: 947-6060

Eagle
Diversified Financial Concepts
661 S. Rivershore Ln.
Eagle, ID 83616
Phone: 344-6866

Eagle Senior Center
312 E. State St.
Eagle, ID 83616
Phone: 939-0475

Meridian
Action Mortgage Golf Savings & Bank
2300 S Eagle Rd
Meridian, ID 83642
Phone: 855-2940

Meridian Senior Center
133 W Broadway Ave.
Meridian, ID 83642
Phone: 888-5555

Garden City
Garden City Senior Center
3858 Reed St.
Garden City, ID 83714
Phone: 336-8122

Star
Star Senior Center
102 S. Main Str.
Star, ID 83669
Phone: 286-7943

Kuna
Kuna Senior Center
299 Avenue B
Kuna, ID 83634
Phone: 922-9714

Glenns Ferry
Three Island Senior Center
510 E. Cleveland
Glenns Ferry, ID 83623
Phone: 366-2051

Glenns Ferry City Hall
204 E. 2nd Ave.
Glenns Ferry, ID 83623
Phone: 366-7418

Moutain Home
Mountain Home Senior Center
1000 N. 3rd, East
Mt. Home, ID 83647
Phone: 587-4562

A big thank you also goes out to the following businesses and organizations for collecting cell phones for Meals On Wheels.

Ada County Jail
Cigna Government Services
Eagles Lodge of Boise
Food Services of America
GMAC Mortgage
Idacomm
Idaho Commission For The Blind
And Visually Impaired
Idaho Dept. of Health & Welfare
Idaho Statesman
Jackson Food Stores
Lost River Senior Center
Moffatt, Thomas, Barrett, Rock & Fields
Rupert Senior Citizens Center
SHIBA – Senior Health Insurance
Benefit Advisors
St. Luke's
Your Problem Solved

Brawley Bowl for Beef Benefits Meals On Wheels



Nevada Wolfpack

The Brawley Bowl for Beef pitted the two teams competing in the MPC Computers Bowl against each other in a friendly bowling match December 27th, with the winners being local charities, including Meals On Wheels.

The Atlantic Coast Conference Miami University Hurricanes bowled against the Western Athletic Conference University of Nevada-Reno Wolfpack at Westy's Garden Lanes. The Miami offense took on Reno's defense and Reno's offense challenged Miami's defense. Reno bowled for Meals On Wheels and Miami for the Boise Rescue Mission.



Miami Hurricanes

Food Service of America donated two pounds of beef for every pin scored. The Hurricanes edged out the Wolfpack 274 to 237, but neither charity walked away empty-handed. The Wolfpack netted Meals On Wheels 474 pounds of beef.

"We'll use that 474 pounds of beef to make some delicious meals for seniors in Ada and Elmore counties," said Angela Spain, Senior Nutrition Program Coordinator.

In addition, the Nevada Wolfpack autographed an MPC football, which will be up for grabs as a silent auction item at the Culinary Walk-About February 21st.

The Brawley Bowl for Beef was presented by the Owyhee Plaza Hotel and Food Service of America.



Thank You MPC Computers Bowl



Sponsors of the Brawley Bowl, John May, General Manager of the Owyhee Plaza Hotel (behind podium) and Hans Schatz, President of Food Services of America, present a check for 474 pounds of beef to Angela Spain, Senior Nutrition Program Manager.



Free Classes About Alzheimer's Disease

Stand by You, a program in southwestern Idaho serving families and their loved ones with Alzheimer's disease and other forms of dementia, is offering FREE classes. These classes are designed for caregivers or anyone concerned about or involved with memory loss, Alzheimer's disease, or other forms of dementia.

Topics to be covered include:

- Long Term Care/Medicare/Asset Preservation
- Legal and Financial Issues
- Self-Wellness
- Hospice – When is it time? How can it benefit me?

The classes are held monthly. For more details and to reserve a seat, please contact the Alzheimer's Association at 208-384-1788 or julie.robinson@alz.org.

Gifts Make Spirits Bright



The ninth grade class from St. Ambrose Christian High School helped make Christmas ornaments for the senior Christmas goodie bags.

Donations from the community included such items as sample and hotel-size hand lotion, shampoo and conditioner; postage stamps, stationary and cards; lip balm; small travel-size packages of tissue; little candies; ornaments; packages of tea and hot cocoa; and food items like oatmeal, soup, fruit cups, and granola bars.

"The Treasure Valley community responded generously, allowing us to provide each of our seniors with a special gift bag right before Christmas," said Angela Spain, Program Manager. But the story doesn't end there.

The white paper bags into which the gifts were placed, were decorated by students in grades one through six at Pioneer Elementary School of the Arts; Girl Scout Junior Troop #43 and Brownie Troop #782, led by Troop Leader Sheri Harris, and Brownie Troop #50 led by Troop Leader Jennifer Bourff.

In addition, Brownie Troop #50 helped make Christmas cards and the ninth grade class from St. Ambrose Christian High School made Christmas ornaments.



Sometimes it's the little things that make all the difference, especially during the holidays. The Meals On Wheels program provides hot nutritious meals to seniors throughout the year, but during the holidays volunteers like to deliver a little something extra. The week before Christmas, volunteers assembled small gift bags and delivered them to every Meals On Wheels client.



Lisa from Mariposa Labs of Garden City, helps load hand and body lotion and body wash with Wally Sanchez, CDHD facilities manager into the Meals On Wheels van. Mariposa Labs donated over 3,000 units of product to the Meals On Wheels program.

Mariposa Labs, a Garden City business, donated body and hand lotion and body wash to round out the donations.

"It's gratifying to see so many people coming together to bring a little cheer into the lives of seniors in our area. Thanks for making this holiday season special," said Spain.

Meals On Wheels volunteer drivers help fill approximately 600 Christmas bags of goodies for Ada & Elmore Counties Meals On Wheels recipient.

Christmas Meal Delivery

Eleven volunteers and three Senior Nutrition staff members dedicated their time to prepare and set up for the Christmas meals which were prepared Christmas morning at the Boise Senior Center. Fifty-four volunteer drivers from the community delivered 131 roast beef meals with all the fixings to Meals On Wheels recipients.



Dietary Aide, Donna Gourley and community volunteers Marlene Weston and Teresa Bentley help dish the Christmas meals into food containers for delivery.



Volunteer Dan Payne places Christmas meals into a cooler for volunteer Kurt Vieselmeyer to deliver.



Isabelle Bourff (foreground) and Bailey Kolb help decorate holiday gift bags.



Sisters Marley and Keisha Payne and Allison Spain helped put milk, bread and cheesecake into bags for the Christmas meal delivery.

Our Mission Statement: *To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.*



Central District Health Department
Senior Nutrition
707 N. Armstrong Pl.
Boise, ID 83704-0825

PRSRT STD
U.S. POSTAGE
PAID
PERMIT NO. 1
BOISE, ID



\$100



Bring this coupon to **Perpetual Metals** at 574 W Main Street in Boise for your chance to win a * \$100 shopping spree at the store. One entry per person. All entries must be received by March 30, 2007.

Name: _____

Address: _____

Phone: _____

* Not valid for consignments, repairs or special orders.



8

Thank You

Thank You For Your Donations!

Donations are from Sept. 1 - Dec. 31

Harry or Donna Aamodt
James or Mildred Adams
Juanita Adams
Vincent or Rowena Agnetta
Saadia Akhtar
Charles or Tiffany Albanese
Kay Alspaugh
Phyllis or Jim Alter
Anne Anderson
Frank or Mary Anderson
Natalie Anderson
Betty Armstrong
Charles Armstrong
Lorie or Phil Arndt
Eugene or Mary Arner
Steven or Joanne Arnold
Gus Arriola
Martin or Mary Ann Artis
Margaret Auchuleta
Donna Aulbach
James or Gladys Babcock
Harvey or Patricia Babendure
Don or Edna Bair
Gladys Bales
Almon Balkins
Robert or Jill Ball
Elvin or Amanda Ballance
Mary Ballantyne
Michael or Brenda Ballantyne
James or Dollie Barbour
Richard Barger
Stan Barker
Teresa Barnes
David Barnett
Delma Barnett
Catherine Barney
Margaret or Lawrence
Barningham
Lois Bastida
Mark or Diana Bates
Warren or Sieglinde Beal
Jerome Beau
Fred or Joy Beckman
Evelt Bedolla
Kenneth or Jeanne Beener
Christopher or Cynda Beeson
Judi Belfort
Janet Bell
Janice Beltzer
David or Peggy Bennett
Brad or Renee Bergquist
Kenneth Bergquist
Tom or Hope Bernick
Lisa Beschere
Joseph Bianchi
Eugene or Angela Bickley
John Bilbao
Angelia Binder
Donald Bizallion
D J Blackmon
John or Jacqueline Blake
Nona Blanton

William or Norma Blattner
Linda Blessinger
Donna Bogdan
Elsa Boint
Charles or Marjorie Bolstridge
Rex Borup
Donald or Sharon Bosley
Thomas or Virginia Bourke
Gail Bow
Gordon Bowen
Frank or Faye Bowles
Gary Bowling
Delbert or Viola Boyer
Karen Brandecker
Bob or Ann Brannam
Lorne or Lela Braun
Anna Bridgewater
Kathy or Patrick Bronson
J G Brookover
Comer Brown
Edith Brown
Roger or Laurie Brown
Stephen or Anne Brown
Bernard or Beverly Brunelle
Mike or Linda Brunetti
Pauline Bryant
Virginia Bublitz
Lorraine Buchwitz
Sandra Burch
Ivy Burde
Maurice or Agnes Burkholder
Clara Burrell
Edwin or Madeline Burtner
Russell or Janet Buschert
John Bush
Val or Aileen Bustos
Ron Byron
Sidney or Margaret Call
William or Rosa Campbell
Joseph or Rosella Campo
Elmer Carlock
Hershel or Linda Carmichael
James or Elizabeth Carmody
John or Karola Carpenter
Michael or Gail Carrithers
Dennis or Suzanne Carter
S R Carter
D E or Lina Casey
Richard or Nadine Chaffin
Dana Chamberlain
Lynda Chapman
Gertrude Chase
Steve or Lynn Chase
Jeffrey or Terry Christenson
Dennis or Cindy Clark
Donald or Marcia Clark
John or Diane Shelton Clark
Mary Clark
Steven or Susan Clements
Bruce or Roberta Cleveland
Casey Cline
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John or Gwen Colgrove
James or Delores Combes
John or Lillian Conrads
Norman or Roberta Cook
Barbara or Larry Cooley
Beth Coombs
Beverly Corl
Terrance or Carolyn Costello
James or Lori Covington

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Douglas or Renee Cox
Samuel Cox
Joni Craft
Nissa Crawford
Eloise Cronin
Norman Crossley
Ruth Ann Cumming
Christine Dacheff
Andrew or Colleen Dallmann
Frank or Karen Daniels
Genevieve David
Raymon or Ruth David
Joan Davidson-Carley
Sandra Davis
Jack or Marlene Dawson
Floyd De Lawyer
Theodore or Ellen Deitz
Patrick or Ann Delaney
Ronald or Debra Delong
Sylvia or Dehryl Dennis
Elaine Dent
Curtis Derr
Craig Desilvia
Devin or Donna Dodd
Lynn or Patricia Dorman
Sam Dougherty
Michael or Sharon Doughty
Bill Douglas
Walter Drewry
Janet Driscoll
William or Susan Dryden
Joe Ann Dubeau
Dale or Jane Dunn
Robert Dunne III
Paul Dye
Greg Eagy
James Earl
Brian Eldredge
Tony or Mary Lucachick-Engleman
Toby or Tabitha Epler
Linda Erickson
Donna Evans
Pam Fabbri
Russ or Leslie Felton-Jue
Veva Ferguson
Jerry Fields
Charles Firmage
Wanda or Robert Firman
Marta Fisher
Betty Fisk
Irma Flaningam
Tandy Jack Fleming
Mary Gail Floyd
Randy or Teresa Forde
Les Fowers
Gene or Celeste Fox
James Frisch
Beverly or Harry Fritchman
Monte Fry
Matt or Neva Gambill
Frank or Jane Garcia
Jack Garrett
Phillip Garvin
Stanley or Sharon Gearhart
Sherrill Geddes
Randall or Pam Geile
Thelma George
Sally or Michael Gerhard
Maureen Germano
Martha Gibbons
Nancy Giddens
Carolyn Gilbert

Danni Gilbert
Michael or Marie Gillespie
Tom or Susan Gillespie
Elizabeth Gilman
Ralph Gilster
Robert or Linda Gladman
Dorothy Golden
Diane Golder
Barbara Goldstein
Michael or Cathy Goodrich
Barbara or Robert Gordon
Shelley Gordon
George or Frances Grantham
Daveen Green
Robert or Lilian Green
Joseph or Marvel Greenley
Mark Greenough
William or Billie Gregg
Hiram Gregory
Glenn or Tresha Griffiths
Don Grotegut
L W or Elaine Grow
Marian Gurney
Mary Gutierrez
Joseph or Viola Hagman
Curtis or Sandra Haines
Aaron Hall
Arthur or Teresa Hamblin
Martha Hamilton
David or Kathy Hammes
Linda or John Hammond
James or Sandra Hanaman
Jo Ann Hanks
Terry Harper
Albert Harshbarger
Walter or Patsy Haught
Marvin or Doris Haworth
Robert or Anne Hay
Larry Heckel
Maida Heitner
Iryne Helferty
Larry or Diane Hellhake
Eric or Valerie Hellmann
Herman Helms
Diane Hemphill
Virgil or Susan Hendrickson
Linda Henrikson
Harry Herbert
Mary Hess
Ross or Lois Hester
Paul or Maureen Heston
Daniel or Cheryl Heying
Margaret Heyting
Robert or Lois Hibbs
Michelle Hicks
Sharon Hill
Clifford or Nora Hobson
Dave Hobson
Timothy or Constance Hogland
Roland or Erna Holmer
Alejandro or Stephanie
Homaechavarria
David Hopper
Carl or Hildegard Hopt
Chet or Stephanie Hoseley
Patrick or Bonnie House
Donald Howell
Robert or Anna Howerton
Doris Huffman
Elfriede Huntley
Emory Hurst
Andrew or Randee Jackson
Benjamin or Rhonda Jennings

Edgar Jensen
 Steve Jensen
 Jim Johansen
 Donald or Betty Johnson
 Kathrine Johnson
 Kenneth Johnson
 Randy or Jeanine Johnson
 Mark or Dorrine Johnston
 Ralph or Karen Johnston
 Roy or Nancy Johnston
 Allan or Amy Jones
 Vernon or Evelyn Jones
 Lawrence Jorgensen
 Norma Justice
 Laird Justin
 Walter Kaiser
 David or Karen Kapral
 Janice Kaufman
 Priscilla Keim
 Lawrence Kelley
 A W Kendall
 Robert Kent
 Kenneth Kessner
 Joanna Keyt
 Russell or Sharon Kiefer
 William Killen
 Gregory or Renee Kindler
 JR King or Family
 Barbara Kirkpatrick
 Marshalee Kirksey
 Diane Kisabeth
 Helen Ann Knapton
 William or Nancy Knudsen
 Ed or Sharon Koelling
 Karla Kolash
 Alicia Kromas
 Dorothy Kromrei
 Nadine Krsul
 Robert Kunzman
 Michael Kyle
 Sebastian or Carol Ann Lamb
 Tim or Mary Beth Lamott
 Georgia Lane
 Jerome or Sharon Lang
 Cecilia Langland
 B.L. Larsen
 Kurt Larson
 Walter or Dorothy Lazechko
 Louise Leavelle
 Joseph Legerski
 Gregory or Veronica Leighton
 Charles or Shirley Leonard
 Guy or Carolyn Levingston
 Eloise Lewis
 June Liming
 Charles Logue
 Scott Lundgreen
 Marilyn or Earl Lusk
 Emily Lyon
 Michael or Sarah Maloney
 Royce or Mary Marcotte
 Normie or Brenda Marcum
 Daniel or Barbara Marks
 Charles or Phyllis Marsh
 Phillip or Janet Marsh
 James or Carmela Martell
 Robert or Grace Marx
 Clara Marz
 K. Ann Masi
 Donald or Kathryn Massey
 Deanne Matthews
 William or Kerrie Mattravers
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 James or Louise McClure
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 Sondra Miller
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 Dorothy Moore
 Emagene or Leon Moore
 Irene Morgan
 George Ann Morris
 Sheila Nadeau
 Dan or Melinda Nelson
 Gary and Nancy Nelson
 Betty Nesbitt
 Lawrence or Shirley Neznanski
 John or Katherine Nice
 Doug or Judy Nichols
 Bernie or Laura Nielsen
 Nola Karen Nordby
 Ron Nordling
 Nicholas or Christine Nydegger
 Phillip or Victoria Oberrecht
 Jolene Olsen
 Carl or Eleanor Olson
 Laura or Dennis Olson
 Robert Olson
 Brian or Julie Orgill
 Jill Orme
 Mary Lou Orndorff
 Glenn Overacre
 Craig or Margaret Pace
 Polly Parmelee
 Brett or Colleen Paternoster
 Guy or Debra Paul
 John or Margaret Paul
 Willard or Dora Payne
 Robert Pearson
 Victor Pearson
 George or Cristina Pescaru
 Lisa Peters
 Ella Peterson
 Jerry Peterson
 Judy Peterson
 Lisa or Richard Peterson
 D. Terry or Kathy Peugh
 William or June Pfouts
 Edna Phifer
 Russ or Linda Pickett
 John or Marie Pilote
 Donna or Joe Piscione
 Earl or Sandra Pitts
 Donna Plant
 Paul or Nelma Plante
 Susan Planting
 Margaret Porter
 Rose Porter
 John or Cherie Potter
 George or Sharron Presley
 John or Rodney Priest
 Charles Printz
 Jack or Mary Lou Queen
 Gary Quigley
 Richard or Georgia Raimondi
 Jared or Kathleen Ralphs
 Tod or Dani Rasmussen
 Michael or Marlene Ray
 Philip or Jill Reed
 Lindsay or Joy Reimann
 Brian or Catherine Reynolds
 Virginia Reynolds
 Bob or Marlene Rhead

Anna Ricks
 George or Marcia Riddle
 Margaret Ridgeway
 Hannah Roberts
 Mavis Roberts
 Arthur Robertson
 Jay or Judy Romlein
 Douglas or Ruth Rose
 Robert or Edna Rosenbaum
 Rusty or Paul Rostock
 Patrick or Penny Roundtree
 Kathleen Rudeen
 Sally or Herbert Runner
 Jason or Mindi Rupp
 John or Anne Sager
 Howard or Connie Sattler
 Roy or Sue Ann Schiele
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